

WELCOME

**NORM'S XTREME FITNESS
MEMBER
HANDBOOK**

**YOUR BODY IS GOD'S GIFT TO YOU,
WHAT YOU MAKE OF YOURSELF,
IS YOUR GIFT TO GOD.**

GENERAL INFORMATION

CLUB HOURS:

Monday – Thursday	4:00 am to 11:00 pm
Friday	4:00 am to 8:00 pm
Saturday	8:00 am to 4:00 pm
Sunday	11:00 am to 4:00 pm

FREE NEW MEMBER ORIENTATION:

With every new membership, a trained staff employee will provide a basic program and instruction on how to use the circuit machines. The circuit machines will provide you a total body workout.

An orientation appointment may be made or any staff member available will be happy to work with you.

Circuit workout tracking sheets and blank workout tracking sheets are available at no additional charge. Just ask at the front desk.

GYM DRESS CODE:

We are a coed gym. Men are to wear a shirt at all times. Otherwise, clothing selection is up to you, as long as it is gym appropriate wear.

SIGN-IN

When entering the gym for your workout, please either sign in. A membership roster is maintained at the front desk.

TOWELS:

“Sweat towels” are provided at no charge.
Large shower towels are rented at \$.50 each.

POLICY ON CHILDREN: (NON MEMBERS 13 AND UNDER)

Children are welcome. They are the parent’s responsibility. They are not to be in the equipment area or use the equipment. A TV is available in the spin cycle class area that they are welcome to watch when classes are not in session.

They may also play in the aerobic area during non-class times.

LOCKER USAGE:

Lockers are provided for your convenience. Day locker usage is free. Feel free to bring your own lock. Clothing and locks are to be removed at the end of your workout. If your lock is left on the locker, a monthly locker fee will be assessed.

Lockers are available for a \$5.00 per month fee. If a locker has not been paid for by the 5th day after due date, the lock will be removed and the contents will be held for 15 days. If the contents have not been claimed after 15 days, they will be given to a charity.

PRODUCTS:

Norm carefully selects the best quality products for his members, specializing in *MAX MUSCLE* products. Available at the front desk are:

Protein Powder: (Whey)

Whether you are looking to build muscle, loose body fat or stay healthy in general, you need protein. The recommendation is 1 gram per lb. of body weight and no less than 60% of your body weight.

Creatine:

Supplementing with creatine allows your phosphocreatine stores to replenish faster, allowing muscle contractions to continue at peak levels.

Drinks: Kept in the cooler for you are sports drinks and water.

PLEASE FEEL FREE TO ASK STAFF FOR HELP WITH ANY OF YOUR QUESTIONS OR CONCERNS.

SPECIAL FEATURES:

SAUNA:

The infrared thermal sauna is available. A punch card may be purchased. Benefits of the sauna:

- Can help burn 900 – 1,200 calories in just one 30 minute session;
- Helps skin conditions including acne, eczema, psoriasis, burns, scars;
- Helps prepare cellulite for the body's energy consumption;
- Effective in reduction of pain from arthritis, back pain and muscle spasms
- Aids in cardiovascular conditioning.

More detailed information is available at the front desk.

Instructions for use are posted on the sauna door.
Reservations for the sauna are encouraged. Otherwise, usage depends on availability.

TANNING:

The tanning bed is available. A punch card may be purchased.

- Certified eye protection must be worn during all sessions.
- Tanning time is limited to the manufactures' recommendation.

Reservations for the tanning beds are encouraged. Otherwise, usage depends on availability.

TANNING LOTIONS AND EYE PROTECTION GOGGLES ARE AVAILABLE FOR SALE AT THE FRONT DESK.

PERSONAL TRAINING:

Get the most out of your time in the gym with the assistance of a *certified personal trainer*.

A personal trainer will keep you on track with the goals that you have set for yourself; customize and keep your workout interesting and productive. Personal training is available on an individual basis or in groups of up to four.

See the front desk for further information.

GOAL SETTING AND MONTHLY TRACKING:

Begin your membership with a clear starting point and set your goals.

One on one session with a certified person trainer:

- Weight and measure
- Body fat analysis

See the desk for fees.

Body fat analysis is available. See the desk for fees.

GETTING THE MOST FROM YOUR MEMBERSHIP:

Weight training benefits:

- Weight training increases the strength of your connective tissues, muscles and bones.
- It increases muscle mass, helping your body burn more calories so weight maintenance becomes easier.
- It increases your general strength, making daily tasks easier to perform.
- Your body becomes more defined and toned.

- It decreases the risk of bone loss as you age.

Beginning weight training program:

- Train 2-3 times per week, training your full body in one session.
- If training daily, rotate workouts between the upper and lower body.
- Be sure to warm up for 5 – 10 minutes prior to weight training. Eg. Use the treadmill, stair stepper or recumbent bike.
- Rest after every set approximately 1 minute or as long as it takes to recover from the previous set.
- For toning, beginners should perform one set of 10 – 15 repetitions building to three sets of 20 repetitions before increasing the weight.
- To tone and promote endurance, use lighter weights and perform more repetitions.
- To build bulk or become stronger, lift heavier weights and perform fewer repetitions.
- Control your movements. Do not jerk or move quickly.
- Remember to BREATHE! Inhale during the positive motion and exhale on the negative motion.

Intermediate Weight Training:

The body parts are grouped into:

- 1) Chest, back and shoulders
- 2) Legs, biceps and triceps

Workout groups are to be rotated, working each group only every other day. Do all exercises in 3 – 4 sets, pyramiding each set, add weight and lower the reps. i.e. 15,10 and 8 for a set of 3. Emphasize the negative portion of each exercise.

A sample intermediate program is available at the front desk.

Heart Rate:

Heart rate is used to determine exercise training intensity. Estimated maximum heart rate is determined by subtracting your age from 220. (Average person) Target heart rate for general fitness and improving one's capacity for fat utilization is 60% to 70% of the maximum heart rate.

For general health improvements, strive to be in the 60% to 75% zone for a minimum of 30 minutes at a time.

As a beginner, aim for 50% of maximum heart rate and slowly build to the 75% zone.

Safety Tips:

- Always warm up before exercising.
- Always cool down after exercising.
- Wear comfortable, non-restrictive clothing.
- Drink water regularly – especially when sweating.

- Do not wear jewelry while working out.
- Begin slowly. Don't overdo it. Plan to get in shape over several months, not days.
- Avoid locking elbows and knees during lifts.